

Daniel Fast Groceries



Legumes

Beans, Chickpeas,
Split Peas, Lentils,
Black Eyed Peas



Fruits

Apples, Apricots,
Avocados, Bananas,
Berries, Cherries, Figs,
Grapefruit, Grapes, Guava,
Kiwi, Lemons, Limes,
Mangoes, Melons,
Oranges, Papayas,
Peaches, Pears,
Pineapples, Raisins,
Raspberries, Strawberries,
Tomatoes, Watermelon



Vegetables & Herbs

Artichokes, Asparagus,
Beets, Broccoli, Cabbage,
Carrots, Cauliflower,
Celery, Chili Peppers,
Cilantro,
Corn, Cucumbers, Eggplant,
Garlic, Ginger, Kale, Leeks,
Lettuce, Mushrooms,
Mustard Greens, Okra,
Onions, Parsley, Potatoes,
Radishes, Root Vegetables,
Spinach, Sprouts,
Squashes, Turnips,
Watercress,
Yams, Zucchini.



Liquids

Water, 100% All-Natural
Fruit Juices, 100% All
Natural Vegetable Juices,
Herbal Teas (No
Caffeine), Decaf coffee

*You may drink protein
drinks if they do not
include dairy products



Others

Brown Rice, Quinoa, Oats,
Seeds, Nuts, Sprouts

*Veggie burgers are an
option if you are not
allergic to soy.

Foods to Avoid



Meat and Bread

Meat (beef, poultry, lamb, etc.), All animal
products (meat, dairy, fish, etc.),
All refined or processed food products,
Bread and other baked goods,
Fried foods



Caffeine and Sugars

Caffeine, Carbonated beverages, Refined
sugar and sugar substitutes,
Dairy products (milk, cream, etc.) All
products containing Margarine, butter,
and high-fat products